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Homemaker News

EXCLUSIVE TO
STATE EXTENSION
EDITORS

U.S.D.A. PRESS SERVICE OFFICE OF INFORMATION AND EXTENSION SERVICE

No. 228

June 29, 1939.

(Digest from Market Basket of June 21, 1939.)

QUICK BREADS

Wheat flour, whole-wheat flour, and corn meal - stand-bys of the woman who bakes at home - are three of the foods recently declared to be in surplus by the Secretary of Agriculture.

A favorite use of these three cereal products in summer is in quick breads, which may be stirred up in a hurry, baked quickly. Most quick-bread recipes using flour are worked out on the basis of all-purpose wheat flour. But, according to the Federal Bureau of Home Economics, whole-wheat flour may be substituted for all or part of the flour in most of these recipes.

Substitute whole-wheat flour for all-purpose flour cup for cup. In muffins and griddlecakes, it is possible to substitute finely ground corn meal for all or part of the flour called for. But if coarsely ground corn meal is substituted, this should be done on the basis of weight.

Corn meal, for the most part, works better in recipes designed especially for it. It differs from flour chiefly in that it contains no gluten - the protein that gives the elastic quality necessary for doughs. Also, it is heavier than wheat flour and needs more liquid.

Much of the success of quick breads made from flour depends on the mixing. Muffins should be stirred enough to moisten the ingredients - no more. Biscuits should be stirred until ingredients are well mixed. Then the dough may be dropped from a spoon onto a baking sheet, or patted out and cut into biscuit shapes. Or it may be kneaded a little - rolled out - and cut. Batter for waffles and griddlecakes should be stirred until smooth, but not beaten.

Copy of the Market Basket enclosed.

